

## **Books for Children and Adults: Grieving and Responding to Disaster**

### **Books for Adults**

*Ambiguous Loss: Learning to Live with Unresolved Grief.* Pauline Boss, 1999.

How to handle grief when the loss is unresolved such as a soldier missing in action, an Alzheimer's patient.

*Comfort: A Journey Through Grief.* Ann Hood, 2008.

How the author was able to find comfort and hope after losing her daughter.

*The Gifts of Suffering: Finding Insight, Compassion, and Renewal.* Polly Young-Eisendrath, Ph.D., 1996.

How we can gain insight and renewal when we experience suffering.

*Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death.* Joan Halifax, 2008

Buddhist teacher offers lessons learned from many years of caring for dying people.

*On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.* Elizabeth Kubler-Ross and David Kessler, 2005.

The author of *On Death and Dying* applies the five stages to grieving a loss.

*Healing Grief: Reclaiming a Life After Any Loss.* James Van Praagh, 2000.

Bringing hope and renewal to our lives after a loss.

### **For adults caring for children:**

*The Scared Child: Helping Kids Overcome Traumatic Events.* Barbara Brooks, Ph.D. and Paula M Siegel, 1996.

Helping children deal with traumatic events including natural disasters, world events, as well as family problems.

*Talking About Death: A Dialogue between Children and Adults.* Earl A. Grollman, 1991.

A book for parents and children to read together. An outstanding guide to talking about death. Includes a list of resources.

*Talking with children about loss: words, strategies, and wisdom to help children cope with death, divorce, and other difficult times.* Maria Trozzi with Kathy Massimini, 1999.

Helps adults understand children and teens' experience of loss and gives age appropriate responses to questions about death and tragedy.

### **Poetry:**

*This Same Sky: A Collection of Poems from Around the World.* Selected by Naomi Shihab Nye, 1992.

Poems from sixty-eight countries which share the wide range of human emotions.

*This Place I Know: Poems of Comfort.* Selected by Georgia Heard.

This collection of poems was published in response to the events of 9/11.

### **For Young Children:**

*Everett Anderson's Goodbye.* Lucille Clifton, 1983.

A young child's experience of grieving the loss of his father.

*Always and Forever.* Alan Durant, 2004.

Animal friends share their sadness after their friend dies and then are comforted by their memories of him.

*A Terrible Thing Happened: A story for children who have witnessed violence or trauma.* Margaret Holmes, 2000.

A simply written story which shows the range of emotions the character feels after an unnamed traumatic event.

*Michael Rosen's Sad Book.* Michael Rosen, 2008.

Honest descriptions of grieving written after the author's son died. Powerful, simple text.

**For Older Children:**

*Selavi, That is Life: A Haitian Story of Hope.* Youme, 2005.

Story of homeless teens in Port-au-Prince who build, and then must re-build, a radio station.

**For Teens:**

*The Color of Absence: 12 Tales about loss and hope.* Edited by James Howe, 2003.

Short stories by authors who write for teens.

**Nonfiction for Children:**

*Earthquakes.* Seymour Simon, 2006.

Full of facts and well illustrated. This book gives information about earthquakes, earthquake preparedness and responding to an earthquake.